

# Slow Cooker Apple Cinnamon Oats

## Ingredients:

*Vegan-friendly*

- 1 c. steel cut oats
- 3 c. water
- 1 c. fresh apple cider
- 2 medium apples, cored and diced
- 1½ T. honey, preferably local
- 1 t. ground cinnamon
- ½ t. ground nutmeg
- ½ t. ground allspice
- ½ t. salt, to taste

## To serve:

- 1 medium apple, cored and diced
- ½ c. pecans, chopped
- Real maple syrup

## Important Tips:

Do not substitute any other type of oats for this recipe. Cooking times are based on using steel cut oats only.

It very important to either line or heavily grease the sides of your slow cooker crock before preparing this recipe. If you skip this step, the oats will stick to the sides and will be very difficult to remove.

## Directions:

1. Add oats, water, cider, apples, honey, cinnamon, nutmeg, allspice, and salt to greased or lined slow cooker crock and stir to combine.
2. Cover and cook on low for 6-8 hours. Actual cooking time will vary depending on your slow cooker, so check for doneness after 5 hours and adjust cooking time accordingly.
3. To serve, allow to cool slightly before spooning into bowls and topping with fresh chopped apples, pecans, and some real maple syrup, if desired.



**natural**  
awakenings

Prep time: 15 minutes

Cook time: 6-8 hours

Serves: 4-6